



All work and no play is no way to spend the rest of your life. If lack of time and stress go hand in hand, you should STOP it. Your body needs rest. Prophylactic massages help to maintain optimal body's performance, enhance immunity, relax tense muscles, and slow down the aging processes. Massage removes fatigue, helps suppress pain, improve body shape and even treat some diseases. Warm touch of human hands, stroking technique and massaging of pressure points magically affects your body. Professionally and carefully made massage returns strength, helps to maintain health and is invigorating.

Massage – is a *mini holiday* when you need it most.

Your holiday destination: comfortable Figura INN massage salon located at the seminars and recreation centre "Dubingiai".

Your holiday price depends on the type of massage and its duration:

**TREATMENTS**

**MASSAGE**

<p><b>Relaxing full body massage</b> Relaxing full body massage especially effectively relaxes muscles of the body, has calming and positive effect on the internal state of the body, relieves stress and tension, returns good body condition, relieves fatigue. It is a real pleasure that ensures health!</p>	<b>55 min. - 28 €</b>
<p><b>Relaxing back massage</b> Relaxing back massage especially effectively relaxes muscles of the body, has calming and positive effect on the internal state of the body, relieves stress and tension, returns good body condition, relieves fatigue. It is a pleasure and health!</p>	<b>30 min. – 20 €</b>
<p><b>Aromatherapy body massage</b> Especially for you – selected aromatherapy oils having an impact over the respiratory system and skin, and maximally relaxing the body. Active substances of the ethereal oils penetrate deep into the skin and work on its deeper layers, stimulate blood circulation and lymph system. They also soften and moisturize the skin. Massage effectively relaxes tense muscles, relieves pain, stimulates the body's natural defensive reaction, eliminates insomnia and fatigue, alleviates stress, evokes feelings, and has positive effect on the mind and soul.</p>	<b>60 min. - 32 €</b>
<p><b>Massage of deep muscles for the body</b> Deep muscle massage stimulates all the muscles. Effective massage in accordance to your special needs will help you get rid of stress, relax tense or sore muscles, refresh the senses.</p>	<b>60 min. - 36 €</b>
<p><b>Massage of deep muscles of the back</b> Massage of deep muscles of the back stimulates all the muscles. Effective massage in accordance to your special needs will help you get rid of stress, relax tense or sore muscles, refresh the senses.</p>	<b>30 min. - 22 €</b>
<p><b>Anti-cellulite massage</b> This massage is for the treatment of cellulite. While the massage causes temporary pressure of the tissues, lymph transfers accumulated toxins into the venous circulation system naturally eliminating them from the body. Massage stimulates the metabolic processes thus toxins and water accumulated in the subcutaneous adipose layer are reduced.</p>	<b>30 min. - 24 € 60 min. - 36 €</b>
<p><b>Massage with honey for the body</b> Combination of natural honey and massage is a great curative method for spine, joints, and lung diseases. Honey contains plenty of vitamins and trace elements necessary for us. During the honey massage, blood circulation and lymph are actively stimulated so toxins are eliminated from the body. Due to the active substances contained in honey, the skin becomes smooth and elastic; these substances also stimulate excretion of excess fluid and treat cellulite. Honey massage enhances immunity and helps to reduce fatigue and stress, and it is a great method to restore the body after diseases. After this massage, the body for some time feels warmth.</p>	<b>60 min. - 39 €</b>

<p><b>Back massage with honey</b></p> <p>Combination of natural honey and massage is a great curative method in case of spine, joints, and lung diseases. Honey contains plenty of vitamins and trace elements necessary for us. Honey inhibits inflammation, relieves pain, maintains muscle tone, and stimulates the immune system. Strong improvement of blood flow in deep layers of the skin and muscle tissue improves the oxygen supply to the internal organs and as well as supply of other required materials ensuring the entire body detoxification. Cosmetic effects are also important – skin becomes clean, soft, smooth and elastic. This massage guarantees relaxation, and a sense of lightness and freshness.</p>	<p><b>30 min. - 23 €</b></p>
<p><b>Massage with hot basalt stones</b></p> <p>This is a complex massage inducing special heat, and it is recommended for the emotional and physical balance. It is felt as even hotter and deeper touch... This massage is performed with warm, volcanic basalt stones that are rich with iron and magnesium. The aim of massage is to use warmth of stones and massage movements to relax tensed deep muscles, and relieve deep tensions accumulated in the body, reduce pain, improve metabolism, and thus speed up the body's absorption of nutrients and processes of elimination of toxins. This massage has a unique relaxation effect. It is recommended for people suffering from fatigue, physical and emotional stress, cold feeling in extremities.</p>	<p><b>60 min. - 36 €</b> <b>90 min. - 46 €</b></p>
<p><b>Massage of head, neck and shoulders</b></p> <p>Massage of the head, neck and shoulders improves blood flow and functioning, normalizes blood pressure, relaxes the muscles, removes tension, and induces feeling of freshness and wellness. This massage removes or reduces pain in the neck and headache caused by tension.</p>	<p><b>30 min. -19 €</b></p>
<p><b>Leg/foot massage</b></p> <p>This massage is recommended to those who feel gravity in the legs, and gnawing. Massage improves blood circulation, stimulates metabolic processes in the lower extremities, reduces leg swelling and fluid accumulation in the tissues and muscles, relaxes muscles, helps to normalize the body's energy gain thus improving mood.</p>	<p><b>30 min. 19 €</b></p>

## BODY PEELING

<p><b>Body peeling</b></p> <p>Body peeling is a good source of beauty and wellness. You will be offered a pleasant body peeling procedure where the body is treated with one of the selected peeling scrubs. Peeling removes the layer of dead skin cells, clears pores, and stimulates blood circulation and metabolism.</p> <p>You can select:</p> <p><b>Lingonberry Body Scrub</b></p> <p><b>Green Tea Scrub</b></p> <p><b>Honey and coffee scrub</b> has an anti-cellulite effect, nourishes skin, increases body shaping effect, stimulates secretion of the "happiness hormone" and provides emotional pleasure.</p>	<p><b>30 min. - 17 €</b></p>
<p><b>Luxurious body scrub with sea salt crystals</b> – this scrub that is like soft velvet with unique aroma will perfectly revitalize your skin making it like silk.</p>	<p><b>30 min. - 18 €</b></p>

## SPA PROCEDURES

<p><b>"Marine slimming therapy" with THALION cosmetics</b></p>  <p>This procedure using very high concentration Laminaria and Fucus seaweed wrap helps to effectively lose weight and fight against cellulite. Marine algae-based cosmetics stimulates metabolism, promotes fat cell breakdown and removes toxins. During the procedure, the body is optimally supplied with the necessary minerals and trace elements, and skin of the body is effectively cleaned. This program harmonizes the bodylines, reduces fat accumulation, improves skin firmness, elasticity and tonus, and delays the aging process. During this procedure, your skin of the body will be moisturized, nourished and revitalized.</p>	<p><b>90 min. - 45 €</b></p>
<p><b>Lingonberry bliss</b></p> <p><i>Body scrub with lingonberries</i></p> <p><i>Body massage with lingonberry oil</i></p> <p>Lingonberry massage oil contains as much as 20 kinds of carotene and coenzyme Q10 that intensively rejuvenates the skin, and cherishes it giving very healthy looking skin tone. Very pleasant, refreshing, long-lasting scent.</p>	<p><b>90 min. - 37 €</b></p>

<p><b>Kiss of the Paradise Fruit</b>  <i>SPA greeting ritual</i>  <i>Body massage with grapefruit butter</i>  Grapefruit essential oil is an excellent antiseptic. The oil is not only struggling with various cutaneous inflammation and rash but also tightens skin, and keeps its tonus. Grapefruit oil stimulates the sebaceous glands thus tightening skin and helping to effectively fight against cellulite. This oil also has properties of skin purifying and pigment spot reducing.  Grapefruit essential oil has toning and energizing properties: sad mood dissipates, and self-confidence increases. Refreshing aroma remains for very long time.</p>	<p><b>60 min. - 33 €</b></p>
<p><b>Green tea sip for body</b>  <i>SPA greeting ritual</i>  <i>Body peeling</i>  Aromatherapy green tea massage and wrapping  Green tea mask for face with a light massage  The substances in green tea help to protect the body from free radicals and damage of UV rays. In addition, the protective substances are able to kill cancer cells while the healthy cells remain undamaged. Green tea is a rich source of antioxidants, helps to maintain a youthful body and spirit. Excellently helps the body to break down fat and speeds up metabolism, maintains an optimal fluid level in the body, reduces appetite, and deeply moisturizes skin. Green tea is a natural source of vitamin C, which strengthens the walls of blood vessels. Green tea procedure is not only for the body care but also gives protection against bacteria and viruses.</p>	<p><b>90 min. - 40 €</b></p>

## SPA PROGRAMS FOR A COUPLE

<p><b>Šokoladinė pagunda su kava dviem</b>  <b>Chocolate temptation with coffee for a couple</b>  <i>SPA greeting ritual</i>  <i>Dark chocolate and coffee body peeling for her and him</i>  <i>Dark chocolate massage for her and him</i>  <i>Dark chocolate body wrapping for her and him</i>  <i>Head massage for her and him</i></p>	<p><b>90 min. - 88 €</b></p>
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## CONTACTS

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